

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, the
most Gracious, the most
Merciful.


Lesson C


How's it going?

1 *Conversation strategy* Asking follow-up questions

A Can you add a question to this conversation?

A Hello. Are you here on vacation?
 B Yes, I am. I'm here for a week.
 A That's great! _____ ?

 Now listen. What's Chandra doing this week?



Ellen *Hey, Stacy, this is my friend Chandra. She's visiting from Chicago.*

Stacy *Oh, hi. Nice to meet you. So, uh...are you here on vacation?*

Chandra *Yeah. My husband is here for a business course. We're here for a week.*

Stacy *That's great! Are you enjoying Boston?*

Chandra *Yeah! I'm taking a course at the business school, too.*

Stacy *That's cool. How's it going?*

Chandra *Really well. And I'm having a great time.*

Ellen *Oh, that's my cell phone. Excuse me.*

Stacy *Sure.*

Notice how Stacy asks Chandra questions. She keeps the conversation going. Find examples in the conversation.

"I'm here for a week."

"That's great! Are you enjoying Boston?"

B Complete the conversation with the follow-up questions. Then listen and check your answers. Practice with a partner. Can you think of more follow-up questions?

Chandra So, how do you know Ellen?
 Stacy Well, uh . . . we go to the same school.

Chandra Really? _____
 Stacy No. I'm studying law. Actually, we also do aerobics together at the same gym.

Chandra Oh. _____
 Stacy Yes, we usually do.

Chandra That's cool. _____
 Stacy Every Saturday morning, when I have the time.

Do you go together?
 How often do you go?
 Are you studying business, like Ellen?

2 Strategy plus That's . . . Unit 7 Out and about

You can use expressions with **That's . . .** to react to news.

In conversation . . .

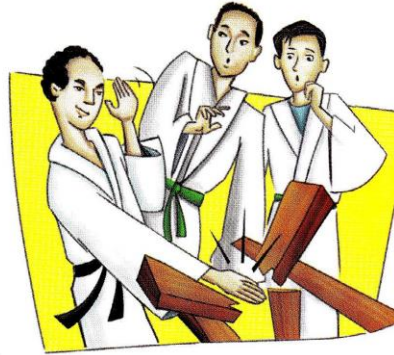
The top expressions for good news are:
That's good / great / nice / interesting / cool / wonderful.

The top expressions for bad news are:
Oh, that's too bad / terrible.



I'm here for a week.
 That's great!

Complete the responses using an expression with *That's . . .* Then practice with a partner.

1. A I'm taking a karate class. We have a great teacher.
B Oh, **that's good / great** .
2. A I'm training 8 hours a day, and I'm not sleeping.
B Really? **That's terrible** .
3. A I'm playing on the college basketball team.
B Hey, **that's wonderful** .
4. A My friend Khalid is a professional athlete.
B Yeah? **That's cool** .
5. A Our team isn't playing well this season.
B Oh, **that's too bad** .
6. A I'm reading a book about the history of the World Cup.
B Really? **That's interesting** .



3 Listening and speaking *How's your week going?*

 **A**  Listen. Six people tell you about their week. Respond to each person using an expression with *That's . . .*

- | | |
|---------------------------------|-----------------------------------|
| 1. That's great. _____ | 4. That's nice. _____ |
| 2. That's too bad. _____ | 5. That's terrible. _____ |
| 3. That's good. _____ | 6. That's wonderful. _____ |

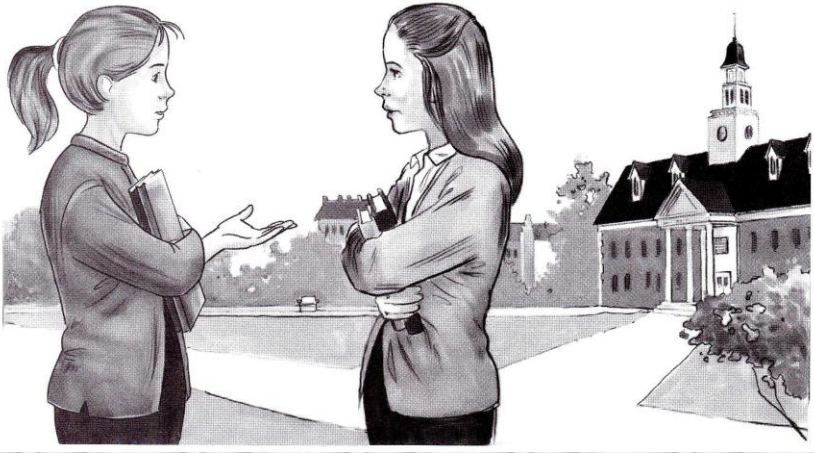
About you → **B Pair work** Student A: What are you doing these days? Tell your partner. Student B: Listen and respond with *That's . . .* Ask two follow-up questions. Then change roles.

A *I'm taking a swimming class.*
B *That's nice. Do you like your teacher?*

Lesson C *How's it going?*

1 Keep the conversation going!

Conversation strategies Complete the conversation with the follow-up questions in the box.

An illustration of two young women standing on a college campus. The woman on the left has her hair in a ponytail and is wearing a dark jacket, gesturing with her hands as if speaking. The woman on the right has long hair and is wearing a light-colored jacket, listening with her arms crossed. In the background, there is a large, multi-story brick building with a prominent clock tower and a steeple, typical of a university setting.

Where are you working?	✓ What are you doing?
Are you practicing your languages?	So, why are you studying Spanish and Portuguese?
What classes are you taking?	Are you enjoying your classes?

Susan Hey, Kate. How's it going?
Kate Good. How are things with you?
Susan Great. But I'm really busy this summer.
Kate Really? What are you doing?
Susan Well, I'm taking a couple of classes, and I'm working.
Kate Wow! You're working and studying? **What classes are you taking?**
Susan I'm taking Spanish and Portuguese.
Kate That's interesting. **Are you enjoying your classes?**
Susan Yeah, I really am. I'm learning a lot!
Kate That's great. **So, why are you studying Spanish and Portuguese?**
Susan Well, I'm thinking about a trip to South America with my parents.
Kate That's exciting!
Susan Yeah, and that's why I'm working a lot, you know.
Kate Right. **Where are you working?**
Susan Well, I'm working at a Peruvian restaurant from 11:00 to 5:00, and I'm working at a Brazilian school at night.
Kate Really? Wow! **Are you practicing your languages?**
Susan Yes, I am! I'm speaking Spanish all day and Portuguese all night.
Kate That's really cool! But when do you sleep?
Susan That's a problem.
Kate Oh, right.

Complete two follow-up questions for each comment.

- "I don't play sports, but I often go running with a friend."

Really? Where <u>do you go running</u> _____ ?
How often <u>do you go</u> _____ ?
- "My cousins are on vacation this month."

That's nice. Where are they staying _____ ?
Are they having fun _____ ?
- "My grandparents are visiting this week."

Really? Where are they from _____ ?
How often <u>do they visit</u> _____ ?
- "I'm working nights this summer."

Really? Where are you working _____ ?
What time <u>do you start</u> _____ ?

Read these people's comments about their summer activities. Complete the responses. Then ask a follow-up question.

- I'm really enjoying my vacation this summer.

Oh, that's good .
What are you doing ?
- I'm not doing anything exciting. I'm just reading a lot.

That's nice .
What are you reading ?
- I'm not enjoying this summer at all. I'm working ten hours a day.

Really? That's terrible .
Where are you working ?

- I'm just relaxing, and I'm watching a lot of TV.

Hey, that's great .
Are you having a good time ?
- I'm exercising a lot at the gym this summer.

That's wonderful .
How often do you go to the gym ?
- What vacation? I'm painting my house right now.

Really? That's too bad .
Is it hard work ?

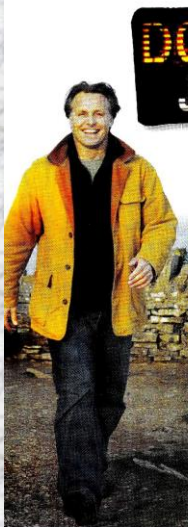
Lesson D *Staying in shape*

1 Reading

A Which of these statements are true for you? Tell the class.

	True	False		True	False
<i>I walk to school / to work every day.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<i>I never walk in the rain.</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>I walk around my neighborhood a lot.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<i>I use the stairs, not the elevator.</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>I think walking is boring.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<i>I go hiking on the weekend.</i>	<input type="checkbox"/>	<input type="checkbox"/>

B Read the article. Why does the author think walking is a good idea?



DON'T WAIT - JUST WALK!

So you're not getting enough exercise? And you hate sports, and you can't stand the gym?

Well, if you're looking for a new exercise routine, try walking. Here are six reasons why walking is a great idea.

1 Walking is easy.

There are no special instructions, and there are no rules. You just walk – left, right, left, right. See? It's easy.

2 Walking is cheap.

Don't spend money on expensive clothes and equipment. All you need is a pair of good shoes or sneakers. **And there's no gym membership fee.**

3 Walking gives you time for yourself.

Do something you enjoy. Think about life, relax.

4 Walking is good for you.

It's good for your mind and body. You feel good after a long walk. And now science is proving that walking outdoors is the best exercise.

5 Walking is fun.

Go with a friend. *walk and talk.* What's going on in your neighborhood? Walk around and find out!

6 Walking is good in all kinds of weather.

So it's raining? Don't worry, take an umbrella. When it's sunny, use sunscreen. If it's hot, take some water with you. When it's cold, you always feel warm. **And walking on the beach is great exercise.**

C Add these missing sentences to the paragraphs above.

✓ Walk and talk!

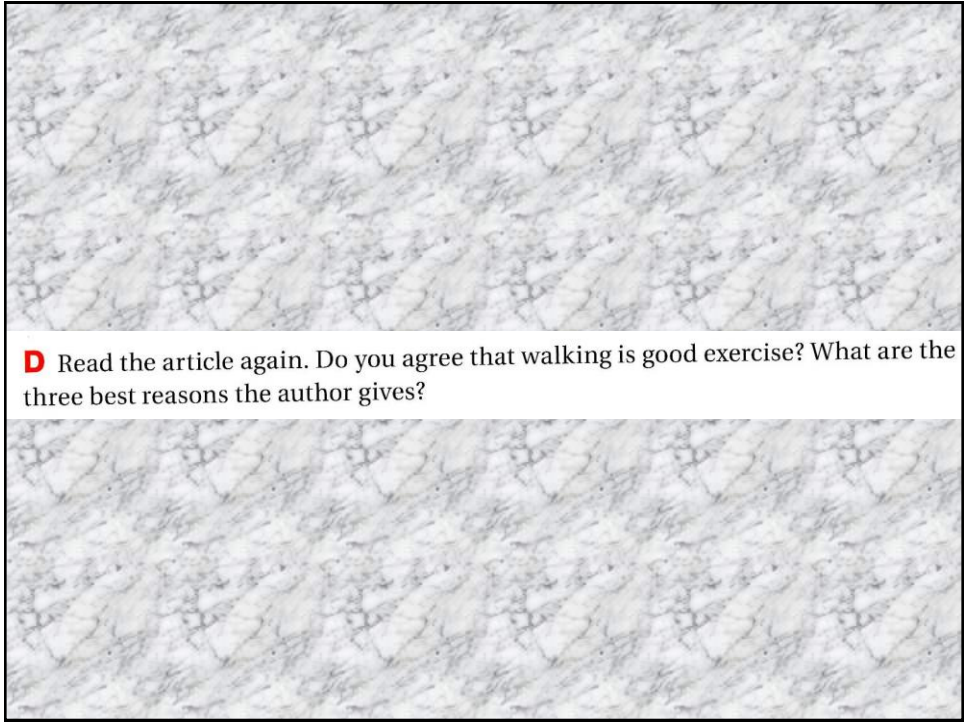
It's good for your mind and body.

And there's no gym membership fee.

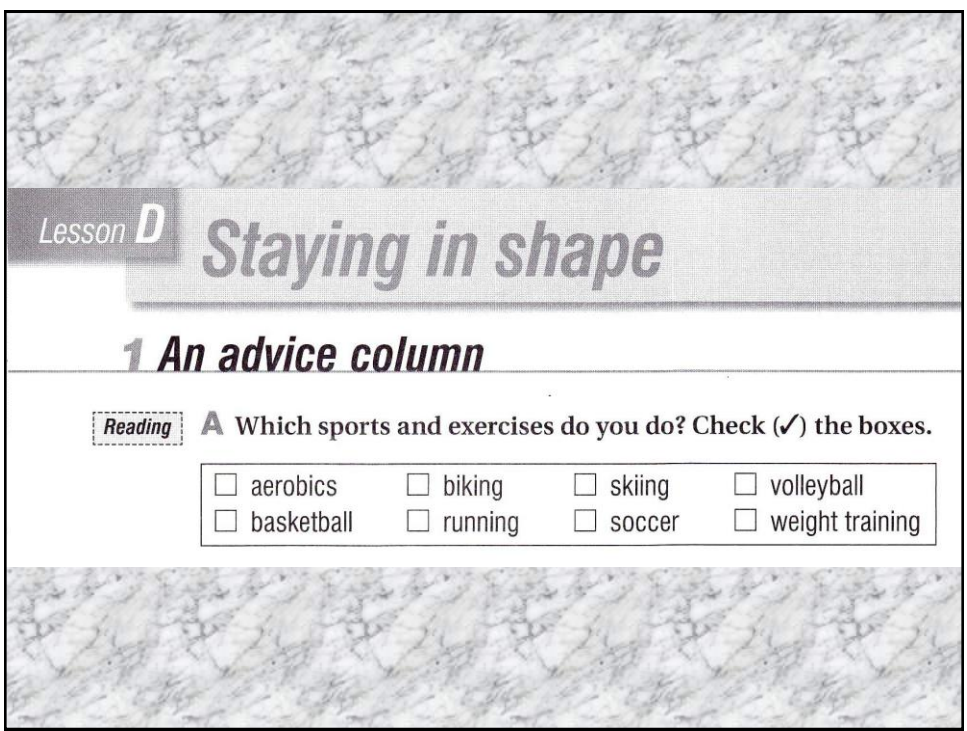
There are no special instructions, and there are no rules.

And walking on the beach is great exercise!

Do something you enjoy.



D Read the article again. Do you agree that walking is good exercise? What are the three best reasons the author gives?



Lesson D *Staying in shape*

1 An advice column

Reading **A** Which sports and exercises do you do? Check (✓) the boxes.

<input type="checkbox"/> aerobics	<input type="checkbox"/> biking	<input type="checkbox"/> skiing	<input type="checkbox"/> volleyball
<input type="checkbox"/> basketball	<input type="checkbox"/> running	<input type="checkbox"/> soccer	<input type="checkbox"/> weight training

B Read the advice column. Match the problems with the Sports Professional's advice.

Fitness talk

Do you have a question about exercise? Write to Steven, the Sports Professional, for help and good advice.



1. **Greg:** I'm really busy this year. I'm going to school, and I'm working part-time at night. I like exercise, but I don't have a lot of time. Help!
c

a. The Sports Professional: Slowly add exercise to your weekly routine. Walk or ride a bike to work – don't drive. Use the stairs, not the elevator. Clean the house or do the laundry. Just do something – and start today!

2. **John:** I never exercise. I drive to work, and I sit all day. I hate sports, and I don't like the gym. I know it's a good idea to exercise, but how do I start? **a**

b. The Sports Professional: You're right. You need a break. Try some different exercises. On Monday, do weight training. On Tuesday, go running. And on Wednesday, play basketball with friends. Each exercise helps your body in a different way. And it's always new and exciting!

3. **Bill:** I do weight training at the gym every day. I usually love exercise, but these days, it's boring. I think I need a break. What do you think?
b

c. The Sports Professional: Yes, I know the problem, but try and make time. Experts say we need 30 minutes of exercise 5 times a week. So do aerobics for 15 minutes in the morning. Go to school. Then go running for 15 minutes in the evening after work.

C Read the advice column again. Then answer the questions.

1. Greg is busy this year. What is he doing? **He's going to school and working part-time.**
2. What is Greg's problem? **He likes exercise, but he doesn't have a lot of time.**
3. Is John getting enough exercise these days? **No, he's not.**
4. Does John like sports? **No, he doesn't. He hates sports.**
5. How often does Bill go to the gym? **He goes to the gym every day.**
6. What does Bill do at the gym? **He does weight training.**

C Read the advice column again. Then answer the questions.

1. Greg is busy this year. What is he doing? _____
2. What is Greg's problem? _____
3. Is John getting enough exercise these days? _____
4. Does John like sports? _____
5. How often does Bill go to the gym? _____
6. What does Bill do at the gym? _____

Unit 7 Out and about

2 Listening Do you enjoy it?

A Listen to the conversations. Number the pictures from 1 to 4.



4 exciting games, sees friends



1 great teacher, great exercises



2 stays in shape, meets people



3 He loosens up his muscles before he runs.

B Listen again. Why do the people enjoy their exercise? Write one reason below each picture.

3 Writing An article for a health magazine

A Think of an exercise you enjoy. Write a short article like the one on page 72. Think of a title and three headings. Write at least two sentences for each heading.

Try Aerobics!

- 1** **Aerobics is fun.**
Find a fun teacher. Talk to your classmates, and make new friends. Don't be shy! . . .
- 2** **Aerobics is good for you.**
It's good for your heart. And you feel good after class. . . .
- 3** **Aerobics is easy.**
Buy an aerobics video, and exercise in front of the TV. Do it before breakfast. . . .

Help note

Imperatives for advice

Find a fun teacher.

Make new friends.

Don't be shy!

B Group work Read your classmates' articles. Which type of exercise sounds like fun?

2 Write your own advice.

Writing

A Look again at the reading on page 56. Find five imperatives for advice.

Try some different exercises.

B Make imperatives for advice. Match the verbs with the words and expressions.

(Don't)	be	aerobics in the morning	<u>Don't be shy.</u>
	buy	at least five times a week	<u>Buy some good running shoes.</u>
	do	shy	Do aerobics in the morning.
	drive	some good running shoes	Don't drive to work.
	exercise	to work	Exercise at least five times a week.
watch	TV all the time	Don't watch TV all the time.	

C Read the problems. Reply to each person. Give two pieces of advice using imperatives. Use the ideas above or your own ideas.

1. **Joe:** I watch sports on TV all the time. I'm watching the Olympics this month. It's great, but I don't do any sports. What sports are fun?

The Sports Professional: Try a lot of different sports. I like volleyball, tennis, and swimming. Also, walking is easy and fun.

2. **Andy:** This fall, we're playing soccer at school. I'm not enjoying it very much, especially when it's cold! Also, I'm not very good. Help!

The Sports Professional: Take soccer lessons. Practice it more. Join a club. Find a good coach. Make soccer friends.

3. **Donald:** I like exercise, but I'm lazy! I usually exercise for two or three weeks, but then I need a break. Do you have any advice?


The Sports Professional: Slowly add exercise to your daily routine. Walk to work. Use the stairs. Do the laundry, and clean your house.

Exercise

Exercise is important for health. There are many types of exercise. Some people play sports to exercise. Some others do weight training, karate and aerobics. Many people go walking, running, jogging, biking and swimming. Young people like to play football, basketball, and some of them work out at the gym. Cleaning your house and doing laundry are also exercises. Offering Prayer is a very good exercise. Every one needs to exercise at least five times a week. Doing exercise keeps you in shape and makes you strong. You feel active, energetic and happy. Exercise is good for your mind and body. If you want to live a healthy life, exercise.

Weather in Abha

The weather in Abha is great all the year. Abha is one of the most beautiful and liked cities in Saudi Arabia because of its weather. In the summer, thousands of people visit this city for its cloudy and rainy weather. When it becomes very hot in all the Kingdom, the weather in Abha is cool. In the winter, it's cold and sometimes dry, but it never snows. People use warm clothes in winter. As the spring comes, the trees become green, and you see colorful flowers everywhere. We can find many kinds of local fruit in the spring and summer. In fact people visit this city to enjoy its weather. There are only few cities in Saudi Arabia with such a nice weather.

Vocabulary notebook Who's doing what? 

It's cold outside!

In the U.S. and Canada, the top 6 weather expressions with **it's** are:

1. It's cold.
2. It's hot.
3. It's raining.
4. It's windy.
5. It's humid.
6. It's snowing.

People say **it's cold** 10 times more than **it's hot**.

Learning tip *Writing true sentences*

To remember new vocabulary, use words in true sentences.

1 Complete the sentences about the weather.


1. Outside right now, it **'s nice and sunny.** _____ .
2. At this time of year, it usually **rains.** _____ .
3. In the summer, it **'s so beautiful and rainy.** _____ .
4. In the winter, it **'s cold.** _____ .
5. I like the weather when it **'s warm** _____ ,
but I don't like it when it **'s very cold.** _____ .

2 Write the names of six people you know. Complete the chart with true sentences.

Name	Where is he or she right now?	What is he or she doing right now?	What sports or exercise is he or she doing these days?
my brother Marwan	He's at school.	He's studying math right now.	He's playing soccer and basketball.
1			
2			
3			
4			
5			
6			

On your own

Take a minute this week, and look around you.
What are people doing? Write 6 sentences.



Unit 7 Progress chart		
Mark the boxes below to rate your progress.		To review, go back to these pages in the Student's Book.
☑ = I know how to . . . ? = I need to review how to . . .		
Grammar	<input type="checkbox"/> make present continuous statements <input type="checkbox"/> ask present continuous questions	66 and 67 68 and 69
Vocabulary	<input type="checkbox"/> name at least 6 words to talk about the weather <input type="checkbox"/> name at least 10 sports and kinds of exercise	65, 66, and 67 67 and 68
Conversation strategies	<input type="checkbox"/> ask follow-up questions to keep the conversation going <input type="checkbox"/> react to things people say with <i>That's . . .</i> expressions	70 and 71 71
Writing	<input type="checkbox"/> use imperatives to give instructions and advice	73

